

# JERSEY TASTES! ACTIVITY SHEETS

Stupendous Sweet Potatoes



### **NUTRITION FACT:**

Make sure to leave the skins on your sweet potatoes, they are a great source of fiber. Sweet potatoes are also high in beta carotene, vitamins E and C, iron, potassium and vitamin B-6.

## **ACTIVITIES:**

check out the activity video: Potato Matching Game!

Pre-K: Grow it, Try it, Like it

Sweet Potato Hill

Lower & Upper Elem: <u>Harvest of</u>

the Month Lessons

Middle: Sweet Potato History Lesson

₀ HS; Sweet Potato Newsletter



Click here

for recipe video!

#### **MADE IN COLLABORATION WITH:**





### **ALL ABOUT NEW JERSEY!**

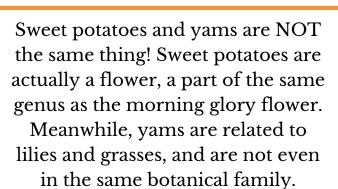
Sweet Potatoes are in season in New Jersey during late summer into the winter, from late July through December. Once harvested, you can cure sweet potatoes and they will last 4-6 months on average.

Here are some curing tips.

## **HOW DOES IT GROW:**

Sweet Potatoes grow under the ground on long vines and need lots of space to spread out and grow. Here are some sweet potato growing tips. They are typically grown from slips, which are sprouts that are grown from stored sweet potatoes. You can buy slips from garden centers, nurseries, or local farmers or grow your own inside.

#### **FUN FACTS:**



### **RECIPES:**

#### Breakfast:

- Sweet Potato Breakfast Bowl
- Jersey Tastes! Cooking Series: <u>Sweet Potato Breakfast Bowl</u>

#### Lunch/ Dinner:

• <u>Sweet Potatoes Italienne Recipe</u> Jersey Tastes! Cooking Series: <u>Sweet Potatoes Italienne</u>

#### Dessert:

• <u>Sweet Potato Souffle Recipe</u>

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